

14. (new) A method according to claim 13 wherein D-tagatose is administered orally.

15. (new) A method according to claim 13 wherein the daily amount is 5-15 grams.

16. (new) A method according to claim 14 wherein D-tagatose is administered orally in a food product.

17. (new) A method according to claim 16 wherein the food product is selected from a confectionery, chewing gum, ice cream, desert, soft drink, breakfast cereal, yogurt, health drink and health bar.

18. (new) A method for selectively stimulating growth of lactobacilli and lactic acid bacteria in the colon of a human in need thereof comprising administering D-tagatose to a human in a daily amount of 5-30 grams to selectively stimulate growth of lactobacilli and lactic bacteria in the colon.

19. (new) A method according to claim 18 wherein D-tagatose is administered orally.

20. (new) A method according to claim 18 wherein the daily amount is 5-15 grams.

21. (new) A method according to claim 19 wherein D-tagatose is administered orally in a food product.

22. (new) A method according to claim 21 wherein the food product is selected from a confectionery, chewing gum, ice cream, dessert, soft drink, breakfast cereal, yogurt, health drink and health bar.

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